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VOLUME 1 ISSUE 3 JUNE 1998

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Spring in Capital City: Time for Rebirth

by Michael R. Gorman
TSU Columnist

Another Spring is upon us, the time of birth. And birth is a truly astounding phenomenon to watch, whether of a puppy, a corn seedling, an idea or a love affair. The experience is rife with a powerful hope that carries into adolescence and the first years of adulthood. Possibilities seem limitless, and the power to pursue them is a given. I remember those idealistic days with a warm, if somewhat patronizing nostalgia.

Sometime after the heady days of youthful invulnerability, I came to the sobering realization that what is born must also die. I knew this intellectually since childhood, but until you see things and people you love die, you don't truly internalize the reality. Death remains a distant caricature in a Stephen King novel.

Birth and death are the way of the world, as natural as the falling of the leaves and the coming of the rains. Yet to see death as the inevitable outcome of birth can create a deep cynicism. If it all ends in dust, why care so deeply? Why try so hard? Why bother to seek anything except as much insulating comfort as possible?

Sadly, for many folks this cynicism translates into a thousand variations that leave them jaded and immobile. If a good politician's term must eventually end, why vote? If dreams will one day fade into memories, why seek them? If children will ultimately leave us, why have them? If Our Community's institutions will one day become obsolete, why support them?

Which brings us to the Lobby for Individual Freedom and Equality, or as we have affectionately called it for the past 12 years, the LIFE lobby. Its time has come, the funeral announcements are out. On May 1, the lobby ceased operations. There is an inherent irony in a death that comes in springtime, and this so closely following the comatose condition of the Lambda Community Center (LCC). Are all of our institutions passing away?

The LIFE Lobby was founded in 1986 as the LIFE AIDS lobby, a statewide lobby dedicated to the advancement of progressive AIDS policy in the state of California. Because it was virtually impossible at the time to address AIDS/HIV without the virulent homophobia unjustly attached to the disease, the organization soon began lobbying for gay rights as well. It became simply the LIFE Lobby, and eventually encompassed HIV/AIDS and LGBT issues.

Because the lobby was created in the days when the statewide network for Our Community was weak at best, the organization's power rested in its House of Delegates (HOD), representatives of the hundred or so grassroots member organizations. The Board of Directors was primarily responsible for fund-raising. For a time the structure worked well, bringing together voices from virtually every county and providing a network of constituents willing to lobby from every legislator's district.

However, according to leaders like Los Angeles Attorney John Duran, LIFE Lobby Executive Director Laurie McBride, and Assembly Speaker Pro Tem Sheila Kuehl, the lobby's passion for policy was never matched by a balancing passion for fund-raising. The Board of Directors was eventually peopled with members interested primarily in policy, thus duplicating the work of the HOD and leaving the nuts and bolts of paying the bills unaddressed.

What people both inside and outside the organization did not know is that the payroll for Sacramento's permanent LIFE Lobby staff had been paid by Southern California publisher Bob Craig for some time. In addition, Laurie McBride had worked without a salary for months.

After discussions with Craig, Duran and others, McBride went to the HOD with a plan to streamline the lobby. She requested that the HOD give the responsibility for by-laws to the less cumbersome board while it retained control of policy. In addition, she proposed that board members be required to raise a certain amount of money each year. She reminded the delegates that the lobby was insolvent.

Whether out of fear of change or reluctance to relinquish any power, the HOD voted to keep the current structure, even without any prospects for providing the funds necessary to continue. The death knell was rung.

Some Spring.

This phrase, an echo of my own all-too-recent cynicism, dominated my mind only briefly.

Continued - page 21

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Letters to This Side Up...

Letters to TSU should include your name and return address. Your anonymity will be preserved, upon request. We reserve the right to edit letters for length. All correspondence becomes property of This Side Up newspaper and Sacramento Publishing Group.

Dear TSU:

On behalf of the Rountree Library Preservation Committee, I would like to thank you for allowing us to meet at your paper on April 19, 1998.

It is heartwarming to find a business that expresses its dedication to the Community with actions that are directly beneficial.

Your commitment to the Community should be commended.

Sincerely,
Michael Bennett, MSLS, AHIP
Rountree Library
Preservation Committee

Dear TSU:

Hey, I got my copy of *This Side Up*. Way too cool (great big smile). On the very first page you made a comment that just tickled me sooo much. You included me! I am a part (of Our Community), not just out here. Well, maybe you did not include me personally when you said you were out to serve Northern California and Nevada, but it sure felt like a special belonging.

Also, I read all the page statements through page 11 and will finish tomorrow. It is just fantastic, really exciting, informative, funny, thought-provoking, all those good things.

Ta Ta For Now,

Annie
Silver Springs, NV

Dear TSU:

Thank you for including the Mr. Sacramento Drummer Contest in your newspaper. The contest was a lot of fun and raised $1,176 to be split between Positive Gourmet and Lambda Letters Project. Thanks again for helping to get the word out. The new Mr. Sacramento Drummer is Steve Bourasa.

Michael Butler
Mr. Sacramento Drummer
1997/98

Dear TSU:

Thank you so much for your support. You bring a real important paper to the community. There is a real feeling in the articles, not just news. Take care.

Kathy Ruhl
New Hope Women's Cancer Foundation

Dear TSU:

I thought you might like this quote. It seems to encompass what you're trying to accomplish.

"It takes vision and courage to create--it takes faith and courage to prove." Owen D. Young

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CAPITAL CITY FREEDOM FAIR 1998

Celebrating Our Community

- *Celebrate Gay Pride at the 1998 Freedom Fair Saturday, June 13th. The fair will be held at Sacramento's South Side Park on T Street between 6th and 8th. From 10 am to 6 pm, listen to live music and comedy acts. Enjoy lunch from various food vendors and the beer garden. Local outreach organizations and gay-owned and gay-friendly businesses will be present. Don't miss the kid's activity booth sponsored by Our Family's Magazine.*
- *A skate party will help raise funds for this event, with the net proceeds donated to the fair. The party will be held Thursday, June 11 from 7:30-9:30 pm at Foothill Skate, 4700 Auburn Blvd. Sacramento. Call 863-3018 for more info.*
- *Be sure to stop by TSU's booth on the day of the fair to give us your comments and suggestions. Several of our department editors will be available to talk with you, including Anny Gateley, Youth Editor; Annabella, Culture and Ethnicity Editor; amazon lee, Crossroads Editor; and Laine Cunningham, Transgender Editor. Reverend Elder Freda Smith of River City MCC will arrive at 11 am; Dr. Scott Christensen, President of the Sacramento AIDS Foundation, will appear at 1 pm; and Christina Fonseca, Publisher of Our Families Magazine, will appear at 2 pm.*

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Left-Handed Pride

by Matthew Burlingame
TSU Contributing Writer

Twenty-nine years ago this month the death of Judy Garland, grand diva of early musicals, spawned the Gay civil rights movement. Drag queens came out of their closets, nailed the doors shut and said "no more!" Since then we have referred to those following three days as the Stonewall Riots. Every June Our Community celebrates our pride and our victories, remembering those who sacrificed everything to ensure future generations a life free of physical attacks, arrests and worse.

Last year, a friend of mine indicated that he felt no pride over being a member of Our Community. "I am a man and being gay, to me, is irrelevant. Why should I be proud of being gay? That's ridiculous. I wouldn't take pride in being left-handed."

As open to different ways of thinking as I'd always hoped I was, I was extremely offended. I attempted to explain why I was so angry, but even I couldn't fully understand the heat surging through my veins. Despite the fact that this incident occurred over a year ago, whenever I speak with my friend, his words are never far from my mind.

Pride was something that did not come easily for me. I grew up knowing I was different, with no attraction to the girls in my classes. Somehow, even at that young age, I knew I had to make sure no one ever found out. In junior high, at age fourteen, I discovered a name for what I was. It was given to me by the kids at my school. I was a faggot.

One afternoon, after the Principal watched several boys shove me around, he called me into his office. He stated rather matter-of-factly, "You need to stop acting queer, Matthew. It would be in your best interest that if you are that way, you make sure no one ever finds out. It's not a good thing to be." As I walked back to class, knowing I was a freak and abnormal, I began to wonder what was the quickest and most painless way to die.

I lived the following years in constant fear. God was exacting his revenge on faggots. There was a lack of public education about HIV, and I just knew that any day I would start showing signs of AIDS. I went for weeks trying not to think any queer thoughts so I could escape the fate of those dying people the news showed night after night.

As my sixteenth birthday approached, I snuck a copy of *Torso* magazine through the checkstand and learned the mechanics of gay sex. Those abundant and descriptive details began to weave their thread through my writing. After discovering my writing, my mother stood in our front yard and called me a fag. My grandmother demanded my mother order me to stop being "that way."

"It's not right!" she said. "Do you want him to burn in Hell because you didn't put a stop to this now?" I grabbed my magazine and in a moment of self-loathing, I threw the book into the fireplace. I was never going to be a faggot again.

Almost a year after I had doubled my efforts to fit into the heterosexual world, I walked into my bedroom to find a relative who had come to stay with us sitting on my bed. He had found a page I had saved from that magazine. As he questioned me, his voice was filled with contempt and disgust. He ended the conversation by pushing me to the floor and raping me.

For many people, an experience like this would have driven them into a permanently locked closet or a graveyard. But for me, it was the beginning of my self-empowerment.

Over the next few weeks, as I numbly pondered the irony of being raped by a man who hated me because I preferred to have sex with men, I came out to my friends. Most of them said, "I could see that coming a mile away." Two of my friends came out to me. Many I never heard from again.

From there, I took bolder and bolder steps. I came out of my closet and hung a big rainbow flag over the door. As I read true tales of other people's triumphs and tragedies, I developed a deep connection with these people, my people. I started to grow and to heal. From my despair came rage, from rage came strength. And from strength, I grew to find what I believe most of us feel is a sense of pride.

But I am left with the question, "pride in what?" Am I proud that I have sex with men? If I were heterosexual, would I be proud of having sex with women? Am I

Continued - page 21

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Activism is No Sacrifice

by Anny Gateley
Youth Editor

A question many of Our Community's youth seem to have is how to become active in Our Community. They want to know how they can meet other queer youth, how to make their voices and opinions heard, how to make change in our society. They want to get involved but don't know where to start.

If you live in the Sacramento area, a good place to start would be the GLBT youth group. The group is open to ages 14 to 24 and meets every Friday from 6 to 7:30 at the *This Side Up* office. It provides a great opportunity to meet people and make connections with other active youth.

You can also attend events specifically for Our Youth. On July 10 through 12, the Lavender Youth Recreation and Information Center (LYRIC) will hold their third annual Young, Loud, and Proud leadership conference. The free conference will offer caucuses and workshops on a wide variety of issues pertinent to the Gay and questioning youth community.

Scheduled workshops include "Starting a Gay-Straight Alliance at Your School" and "If Only I Were Cute: Body Image in the Gay Community." The conference will have plenty of chances to relax and socialize, including a dance Saturday evening. The event will be held at Mission High School in San Francisco. Call LYRIC at 416/863-3636 for registration information.

Involvement should not be limited to the Youth Community. It is important that we are visible to, and active in, the adult Community. We frequently complain that youth are not supported or recognized, but we must give adults a reason to support and recognize us.

One way is to attend Community meetings. Lately a great deal of meetings about the future of the Lambda Center and the Jayne Rountree Library have occurred, and youth turnout has been low. Show up and take part in Our Community's future. The Jayne Rountree Library Committee meets every Sunday at 10 am.

Another opportunity is the Gay, Lesbian, Straight Education Network (GLSEN). GLSEN works with students, teachers and school officials to create an environment in which every member of the school community is valued and respected, regardless of sexual orientation. Contact Lynette Tanaka at 916/456-4265.

Activism is an important part of overcoming homophobia. It is also a great way to make friends and to use up some of that time you have floating around. You know, all that time you spend watching Jerry Springer or those darn soaps. Or would that be too much of a sacrifice? I guarantee that doing one of the above things will do a lot more good for society and will be a lot more personally rewarding.↗

Searching for Purpose

by Steve Williams
Youth Editor

Who are you? Besides the obvious factors such as your name and all the things that make up your physical persona, who are you? As the young men of Our Community, who are we and what is our role in Our Community? Are we so different in our ideas, our goals, and the ways we live our lives that we can't be considered a single community?

I thought about this when I saw an ad for a public forum. The forum explored whether the men of San Francisco had a community or just a lot of clubs. If the men of San Francisco can't build a community, then what about the young men of the Sacramento area?

Because we weren't raised to become members of Our Community, we have to build our own culture. But what culture have we built, or do we want to build? I don't want to speak for any of you, so let me hear your opinions. And I want to know how those of you who aren't young, or men, or even members of Our Community perceive us. What have we done right and what do we need to do? Send your thoughts and comments to me in care of This Side Up by June 12. I'll explore the most interesting ideas and complaints in the following issue. ↗

Congratulations Anny!
The Capital City Freedom Fair Committee chose Anny's design for the 1998 Freedom Fair t-shirt.
All the best from all of us at TSU.

Statistical Anomaly

by Anny Gateley
Youth Editor

It occurred to me tonight that to most of the world I am nothing more than a random combination of statistics. In this world, what we are defines us, rather than who we are.

I am a thousand statistics rolled into one, and so are you. I am part of the 52% of the population that is female. Within that, I represent another 5 or 6% who are lesbian or bisexual. I am another percentage in the fact that I am under eighteen, that I live with both my parents, and that I am Caucasian. I am part of the 20% of lesbians that have experienced verbal and/or physical assault at school. I am part of the 80% of queer youth who have had severe isolation problems. Finally, I am two to three times more likely to commit suicide than my peers.

We are all also statistical anomalies. I am the only person in the world with my exact statistical makeup, and you are the only person with your set of numbers. But statistics are not what is important in life, and numbers say little about the people we really are. Too often we forget that in judging others and in judging ourselves. Too often we classify people using the equation that because a person is X, Y, and Z, they must also then be a, b, c, and/or d. We forget that each person is an individual and should be treated as one.

We all have unique personalities and identities completely separate from a set of numbers. No matter what the media, the government, the *anybody* tells you, you are unique. This is one of the most important parts of living the best life possible.

In everything you say, in every action or decision you make, act as an individual. Show the world that you are more than a number, that you count as a unique being, and that you are special.↗

This page is generously supported by Sports Leisure Travel (916/361-2051) for the youth in Our Community. This page is dedicated to serve as a forum by youth, about youth, and for youth, free of all commercial advertising. We encourage everyone to consider the unique problems faced by our youth and to provide support wherever possible.

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916/454-5019

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Rountree Library Committee
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Sacmwb@pacbell.net

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916/448-0706

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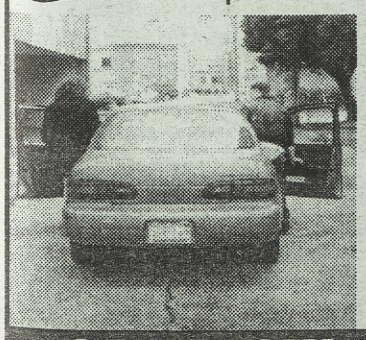

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447-AIDS

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New Hope for Women

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New Hope has two staff members dedicated to address the problems associated with SSI and other medical program eligibility. Services will be available as soon as possible.

Because the foundation is afiliated with The United Way, contributions and payroll deductions can be directed to New Hope by request. New Hope has applied for funding through The United Way and several state programs. The organizers feel especially blessed with the fundraising efforts of the Gay and Lesbian Rodeo Association and the MCC Cinco De Mayo Association.

New Hope needs volunteers in all of its in-home care programs, including transportation, shopping, house cleaning, babysitting and office work. New Hope is also looking to open a second-hand store. They have enough clothing, furniture and household items to open, but need a location and additional startup funds. Donations of items may be made at Safe Guard Self Storage, 7455 Stockton Blvd.↗

Contact New Hope at 916/364-4324, voice mail 916/558-0209.

SACRAMENTO AIDS FOUNDATION

Hand-to-Hand Project

is seeking volunteers to provide critically needed assistance and emotional support to persons living with AIDS.

With at least one new case of AIDS being diagnosed each day, your help is urgently needed...

PLEASE CARE

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(916) 448-2437, ext. 212

Just As I Am

by Reverend Elder Freda Smith
TSU Columnist

As I write this, I really do not know if I will be able to submit it in time to be published. You see, I am journeying through the foothill coast of Oregon to stay at a town named Remote. And Remote means remote. No telephone. Still I try. Why? Because you, dear reader, are also journeying in a land we could call remote.

Many, many years ago, when I was a young lesbian and times were far different from what they are today (thank all the powers of the universe!), I would travel to North Beach in San Francisco. This was before the flower generation—this was the age of "Beat." Ferlinghetti and Ginsberg and strong espresso and poetry, poetry, poetry in smoky coffee shops. I remember a poem called: "Running For Cover Without Any Other." The theme was that we cannot get any closer to another person than skin to skin. The final line was "Unskin me if you can."

Today that may speak to all sorts of bizarre ideas. But then, it spoke to me of the journey within, our existential migration from absurd to enlightened if we stay on the path and pay attention.

You see, we are all on a spiritual path—and religions (I mean *all* religions at their best) speak to us of our journey within. Religions tell us of others who have gone on before to mark the trail. Sort of like three spiritual rocks placed upon one another, a stick in the fork of a tree, Sanskrit or fables, songs or dreamtime, or an obscure Galilean carpenter who, according to tradition, would not stay dead. The point of this is, do not judge the signs which speak to others, but find the way-teller who can lead you to your own journey within. For it is yours.

Remember you have been given a gift, a journey that is only yours. It is there for you to discover. While I do not dismiss the external world with its complex caste system and rules, each of us has been given our own world. We have been given individual, unique bodies as vehicles. No one else occupies these vehicles, nor guides nor controls the powers within. We define our world through our own senses and values. Our own senses! Our own values!

The moment we recognize this truth is the moment of spiritual enlightenment, our first step on the journey. This insight lets us know that there is a journey, and that this journey continues throughout our lives. There will be twists and there will be turns, but every experience is a lesson. Not a mistake, an error, or even a sin, in the worldly way of understanding. A sin is merely "missing the mark," and the apprentice knows that missing means only that a correction is needed with the next arrow. Not a ruined life, nor a permanent blot, but a lesson to help us back onto the path of our lives.

Each day is a new day. Each day presents choices, and only we can make those choices. Even though our choices define our lives, we can make a different choice than we have ever made before. Right now? Yes. I can and you can. This is spiritual magic. Right now, you have a brand new page upon which to write the rest of your life.

The rest of your life depends on you. You have all you need. You have had lessons—and there are more for you to learn. You will continue to receive opportunities to learn what you have not yet achieved. When you are ready, your teacher will appear and speak to you in a language you will understand. It may be the language of your childhood spirituality or an entirely new tongue.

Of course, as a Christian minister, I speak the language of my own understanding when I speak of spiritual things. But I am very clear that this is a language I use to speak of unspeakable things: the power of the individual soul, the certainty of love as a moral compass, a golden rule that says (in every religious language known to humanity) "What goes around, comes around." That choices do have consequences. That wherever you are—you are not stuck there. After all, this is the first day of the rest of your life.↗

Reverend Smith of River City MCC invites you to attend services. The church offers couples counseling and sensitive ceremonies for covenants made with a significant other. Parenting groups, a children's program, singles and couples groups, and an award-winning music program are also available.

Spiritual Essence Exchange (SEE)

A reading and discussion group for people of all gender preferences meeting to stimulate spiritual dialogue and religious syncretism.

SEE seeks to "encourage connected pathways for religion, spiritual philosophy and Our Diverse Community." SEE is a forum for acceptance and understanding, without pontification, moralization, judgment or argument about any aspect of religious and spiritual beliefs. SEE meetings are open to anyone seeking to understand world views on spirituality and religious direction. At meetings, we communicate and share knowledge with one another through the philosophies of the faithful and interested.

On June 10, 1998, SEE will offer special presentations.

Michael Gorman, author, journalist and lecturer, will present a world view of paganism with an emphasis on Celtic Paganism and Druidism. The presentation will explore the compatibility of Druidic beliefs with Our Community's identity and how paganism is inclusive of our unique questions, needs and perspectives. Michael will reference Peter Berresford Ellis' book, *The Druids*.

John Ochoa, former television broadcaster in Los Angeles and a teacher/lecturer in his Sacramento community of faith, will review Peter Gomes' *The Good Book*. His presentation is titled "Don't Leave Your Brain at the Church Door." An excerpt: "To understand the Bible as it is. . . make the effort to understand how it came to be 'as it is.'"↗

For information call 444-5576.

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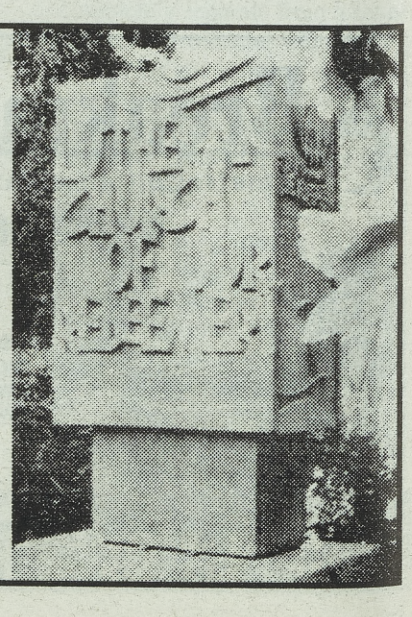
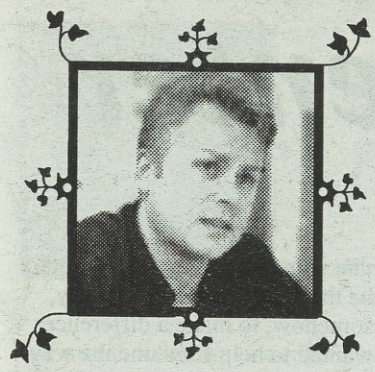


R • This Side Up – June 1998

Just a Spoonful of Sugar



by Scott Christensen, M.D.
TSU Columnist

The opportunity to choose can be a wonderful thing. I take advantage of as many choices as I can, both personally and professionally. It adds variety and spice to life.

Sometimes, however, choice can be difficult.

Treatment options in HIV have become myriad and seemingly endless. What used to be a relatively simple decision (to AZT or not to AZT) has become a veritable vegetable soup of acronyms, synonyms and combinations. What's a boy (or girl!) to do?

My intent is not to emphasize a particular set of drugs or recommend a set of treatment decisions as "the way to go." Rather, I hope to explore some treatment principles and the theories underlying them to provide some perspective and clarity. In some ways, HIV treatment has evolved from *Pret-a-Porter* to *couture* in that one size does not fit all (as if it ever did). Some important questions are therefore increasingly self-evident.

Am I ready for treatment?

Do I understand why treatment is necessary?

Can I take the medications consistently?

It has become an established principle in the United States to begin treatment as soon as possible if HIV virus can be detected (a detectable or positive viral load) regardless of the individual's T-cell count. The underlying premise is that ongoing viral replication leads to continuous immune system damage. Over time, continued damage leads to symptom development, increased probability of infection, and eventually death. The goal of treatment should be to eliminate viral detection in the blood while maintaining an acceptable quality of life. How this is accomplished can vary among individuals.

Important factors to consider in choosing a particular regiment include symptom status, prior use of HIV drugs, other existing medical problems, and ability to comply with the proposed regiment. It makes little to no sense to prescribe things that are doomed to failure. Frank, honest and clear discussion is required of patient *and* physician to make it work. I believe it absolutely imperative that individuals understand the reasons for treatments offered so an effective partnership can be developed to ensure success.

Within the past two years, compliance or adherence has become critically important. It is not enough to take HIV medications "most of the time." If HIV is able to escape the controls imposed by a particular drug or combination, it can develop resistance to that particular regiment. Only so many combinations are available, each with potentially finite periods of usefulness. Symptom control and life extension depend on making medication efficacy last as long as possible. In the context of decades, compliance becomes crucial.

Of course, this is just the beginning. And it sounds easier than it actually is for many people.

I find myself to be a lot like Michael Banks, wanting to fly kites instead of taking my medicine. My tape measure, unlike Mary Poppins', does not read "practically perfect in every way." Still, I can be honest with myself in terms of what I can and can't do. Sometimes that's the hardest part.↗

Dr. Scott Christensen is head Hematologist/Oncologist at U.C. Davis Cancer Center and serves as President of the Sacramento AIDS Foundation. Dr. Christensen may be reached care of This Side Up.

Viagra for All

by K.R. Lapidus
Health and Medicine Editor

The Food and Drug Administration (FDA) is investigating the deaths of six men who took Viagra, the new drug to relieve impotence, shortly before their demise. Apparently combining Viagra with nitroglycerin, a common drug used to relieve angina (episodic heart pain), can cause a profound and sudden drop in blood pressure that produces shock and death. Horribly enough, it makes Shakespeare's "little death," a term for orgasm, literally true.

Men with circulatory problems in the heart can have circulatory problems in other parts of the body, including the penis. Paramedics are being told to not administer nitroglycerin to patients with chest pain if they have recently taken Viagra. And amyl nitrate, that innocent "popper" commonly used to enhance orgasm, can cause the same rapid, potentially deadly drop in blood pressure when used with Viagra.

It's estimated that 30 million men in the United States suffer from some degree of impotence. In medical jargon, this is known as "erectile dysfunction," the inability to achieve and/or maintain an erection sufficient for satisfying sexual activity.

Before the FDA approved Viagra, treatments for impotency featured medieval-looking vacuum pumps that caused a blue penis, injections of a drug directly into the organ, or surgical implants much like Victorian boned collars. Definitely, these were all measures of last resort. Although expensive at $7-10 per pill and not without side effects, Viagra is a miracle drug for men with malfunctioning penises.

Viagra increases blood flow to the penis and improves the hydraulic system that causes erections. In clinical trails, 70% of the men receiving Viagra were helped. These studies were done with men whose impotence was caused by a variety of problems: medication for high blood pressure, diabetes, spinal cord injury, vascular problems, and some psychological problems.

Viagra is apparently well tolerated. Only 2.5% of patients taking Viagra dropped out of the studies because they couldn't tolerate the side effects, compared to 2.5% taking the placebo. The most common side effects are headache, facial flushing, and indigestion. It can also alter the color of a person's vision (those who've used really good hash know about that phenomenon).

Viagra trials in women are taking place in Europe. Female genitals became engorged with blood during sexual stimulation just as male genitals do. Aging in women can cause sexual dysfunction, some of which is probably related to decreased blood flow. Pfizer and the FDA are currently discussing possible clinical trials of the drug in women. At the present time, neither recommend that women take the drug.

We have reached a science-fiction future. Prozac and Zoloft, BusPar and Paxil keep us cheerful. Soma and Feldene relax our muscles. Motrin and Aleve relieve our pain. If you have a medical need for these drugs, your life can be changed. But they can, and have been, over prescribed and over used. Now Viagra will keep us sexually active until the day we die. More drugs are in the works: Vasomax to dilate blood vessels; Spontane, which works through the central nervous system; and Prostaglandin, a topical cream to increase blood flow.

Viagra is rumored to be available via the internet. I found the site, and ordering the drug is relatively easy. Whether I did or didn't place an order, I'm not saying. But remember the dark side.

By 2001, Viagra could generate revenues as high as $2 billion dollars for its manufacturer. For those who truly need it, it is a godsend. For others who think they could use a little enhancement, is it really going to make that much difference in sexual function? Do we want to be the dupes of a pharmaceutical company playing on our vanity, especially in light of evidence that interactions with a common drug could prove fatal?

The most important questions are why the interaction between nitroglycerin and Viagra wasn't studied before the drug's release and what Pfizer plans to do about it. The questions that remain for patients require us to ponder our own mortality. Do you really want the fantasy of dying at the peak of an orgasm to be your reality?↗

Little Sweetness in This Parting Sorrow

by Matthew Burlingame
TSU Contributing Writer

The walls of the Lambda AIDS Project (LAP) are bare. The bookshelves are vacant, the information center is gone, and the once-lively office holds a hollow echo. LAP opened in 1995 to offer services to those living with HIV and AIDS.

Tori Trask, the Program Director, stays in her office sorting papers. Her normally smiling eyes can't hide her sadness as she fights to close LAP with dignity and honor. "The clients and employees of LAP have walked with personal strength and character," Trask said sternly.

Clinton Vigen, the Office Manager, reflects on the last year. "Clients wandered in sick, some in need of hospital care and others recently homeless. Then I think of where they are today and how we contributed. I am in awe of how strong people can be."

"I'll always remember this one couple," says Nicole Zorne, an intern. "They were sleeping at the river and the wife was HIV-positive...(and) their food vouchers were stolen. But when they came in they were so positive."

Vigen draws the blinds and begins to speak, but his voice cracks. Words aren't necessary.

Good-bye LAP.↗

Ripples from the Center

by Kimberly Weer
TSU Contributing Writer

This is part one of a three-part series focusing on Our Community Center. The author believes the Center affects lives so profoundly that ripples can be seen in the past, present and future.

Currently the Lambda Community Fund (LCF) and the Lambda Community Center (LCC) are facing new challenges. The board of directors wants California's capital to have a center that acts as a voice for Our Community.

Some people may not care whether the LCF/LCC lives or dies, yet for others, the LCC has been a life preserver. One such person is from the former Lambda AIDS Project (LAP), Clinton Vigen.

At the age of fourteen, Vigen struggled with his identity and with coming out. Finding the LCC was everything to him. A phone call connected him with Tim Warford, a community activist volunteering at the LCC, and a friendship began to develop.

"I didn't know what his role was in the Center at the time," Vigen explains. "I just knew there was this great guy there to talk to me and he was my friend. It was so important at that time to have that."

Warford encouraged him to attend the youth group, but Vigen felt he didn't fit in.

"It was a pretty boys club," he mused. "I was a gawky and funky teenager. The youth group seemed to have this whole attitude that whoever had the nicest clothes and cutest face belonged. It was completely different from how it is now. There's no longer this hierarchy of who's the prettiest. Even though I didn't fit in, it was so important to know that the group was there."

Vigen attended the youth group off and on for about two years, maintaining his friendship with Warford. Not only was Warford the first person in which Vigen could confide, he was also the first person Vigen knew who had the HIV virus. For a lengthy period of time, Warford was out of contact with the LCC due to his illness.

"I was hanging out downtown when Jerry Sloan, President of the LCF Board, came out of the Center and said he needed to speak to me. He hugged me and told me that Tim had died." In a quiet voice he continues, "I was so numb for days. I just couldn't believe it.

"I was scared, too. I was scared that if I was a gay man, it meant that I would have to get AIDS. I was angry. Why was I different? Why did I have to be different from everyone else?

"I remember promising myself that when I had the time, I would be there for the Center and try, somehow, to make a difference. I wanted to help someone the way Tim helped me. He didn't have to be there. He didn't have to take my calls. I was just a scared kid with a lot of questions. Every time I called, whether he was busy or not, he made time for me. There was never a time he wouldn't talk to me. He was one of the most influential people in my life. Tim was one of the greats."

Warford's death was a pivotal point in Vigen's life. His promise to make a difference was fulfilled when he began volunteering at the LCC in the summer of 1996. In July of 1997, Vigen began working at the LAP. In his work with HIV+ clients, he demonstrated gentleness, sincerity and compassion. Often clients called or stopped in to talk or just say "hello." Tim Warford would be proud of the man Clinton Vigen has become.↗

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THIS SIDE UP Newspaper

Funeral or Phoenix? Lambda's New-Old Board

by Michael R. Gorman
Staff Writer

Last month, with the one remaining member of the Lambda Community Fund (LCF) board poised to resign and a cumbersome debt looming, it seemed as if no one would be around to hold a funeral for the Lambda Community Center (LCC), and certainly no money would be available to pay for its last rites. But that was last month.

The seemingly terminal crisis at the LCF has eased a bit thanks to a strong group of Sacramento activists on the new Board of Directors, some of whom founded the LCC: Bates Botting (President), Marghe Covino (founding President), Jerry Sloan (Secretary; his lawsuit against Jerry Falwell provided the Center's seed money), Terry Sidie (owner of Faces and long-time Center philanthropist), Mike Johnston (Vice-President and Treasurer), John Rambo (Sacramento AIDS and gay activist), and Kimberly Weer and Donna Matthews (Weer and Matthews called the Town Hall Meeting that began the revival of the center).

According to Botting, the revived board established a three-part mission: to assess the fund's debt; to establish a budget for the continuance of the Center while paying the debt; and to determine how to raise funds to meet that budget.

The LCF debt was approximately $100,000. So far the new Lambda Board has pared this down to about $25,000. Many debtors have agreed to excuse or reduce individual amounts because they want to see the Center and its programs continue. A measure of the remaining sum is unlikely to be excused, including at least $11,000 to the Internal Revenue Service (IRS) and a previous debt to the Employment Development Department (EDD) of $5,800. The EDD amount could increase as much as $22,000 if former employees stay on unemployment for an extended length of time.

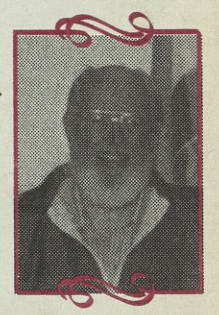
"The economy is booming," Botting said, "and our people are very competent and educated individuals. They may find new jobs quickly, but we have to be prepared for the worst-case scenario. That is something previous boards did not do."

The Board determined that a monthly budget of $2,800 will be required for two years to operate and to retire the remaining debt. Board members Marghe Covino, Jerry Sloan, and Bates Botting have formed the "2800 Club." They are hoping to find 280 members of our community to pledge $10 a month toward the new budget.

All is not good news, however. According to many who attended, the May 16 meeting of the new board was contentious. The Lambda Youth Group, having lost about $300 of its own funds in the financial slide of the last few months, has proposed becoming its own 501-C(3) organization.

They asked the board not to start a rival youth group and to continue handling the group's mail and referrals, a commitment the board was unwilling to make.

Additional friction occurred over the closing of the Lambda AIDS Project (LAP), with advocates of LAP proposing a farewell dinner for clients at the Clarion Hotel. The board questioned the wisdom of spending



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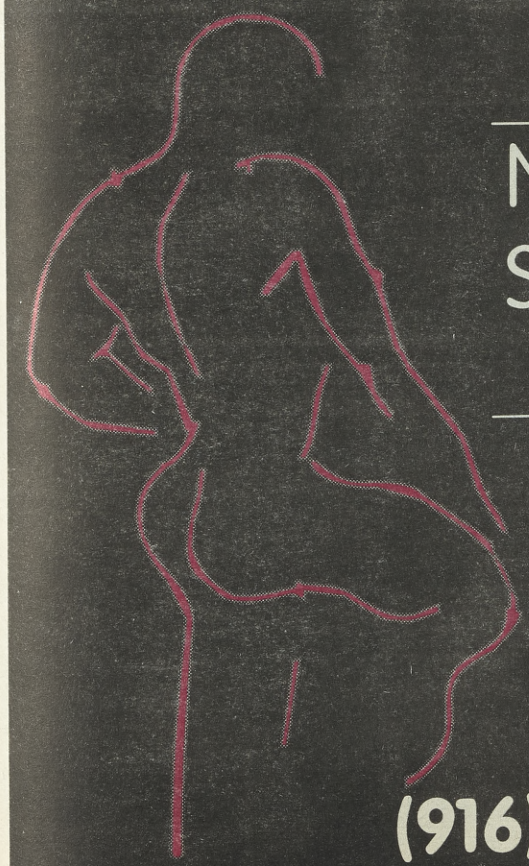
Waves of Glass

Neon Sculptures by MYKEE



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Sacramento Men's Chorus
11:45 - 12:05

Lambda Players
12:15 - 12:35

Jamie Stowell
12:40

Roni & the Flight
12:45 - 1:15

Duval Speck
1:25 - 1:55

Davidmahr
2:15 - 3:00

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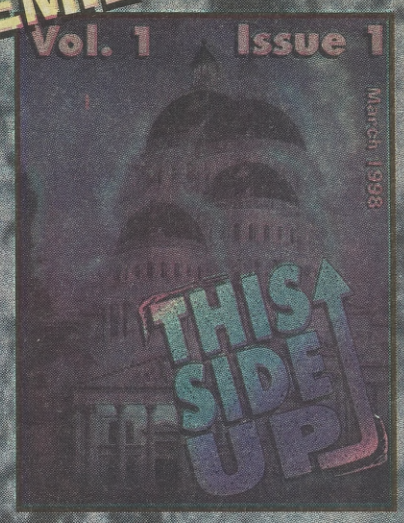
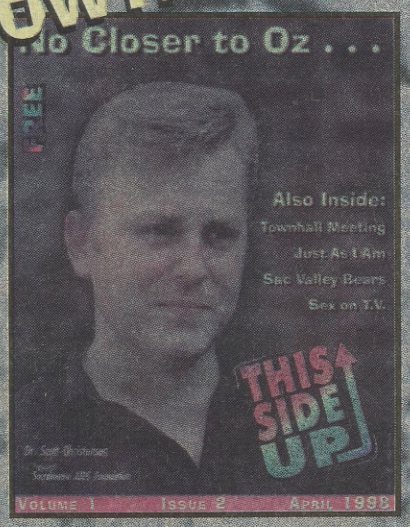


MAR/APR 1998

This Side Up premieres with full color on selected pages. Community leaders from Sacramento and across the nation explore important issues that impact our daily lives. The Youth and Transgender departments represent people formerly disenfranchised. Spirituality, ethnicity, volunteer opportunities and community involvement pages set *TSU* apart.

GROWTH



APR/MAY 1998

TSU becomes Sacramento's second-largest newspaper for Our Community by doubling its print run to 10,000 copies. *TSU's* departments also grow to better serve the needs of Sacramento and surrounding regions. Dr. Scott Christensen, President of the Sacramento AIDS Foundation, launches his column on the Health and Medicine page. *TSU* adds a Clubs page and expands the Op/Ed department to two pages.

PRIDE

JUNE 1998

To celebrate Pride month, *TSU* adds spot color to selected pages. To further demonstrate our support of meaningful issues, the Youth page is sponsored by a local business and runs entirely without advertising. Feature articles reflect the positive changes in Our Capital Community. *TSU* permanently shifts its production schedule from the fifteenth to the first of every month.

THIS SIDE UP

STAFF EDITORS WANTED

To continue growing and to serve the varied needs of Our Community, *TSU* is looking for staff editors for the following departments:

- POLITICS
- SPORTS
- FEED ME
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A Hurricane of Flavors

by T. Laine Cunningham
Contributing Writer

When El Nino *finally* retreats for another year, everyone in this town will be bursting from their homes into the warm summer air. And all that hiking, biking, canoeing and stargazing will no doubt work up an appetite. Rather than be trapped inside for another minute preparing elaborate meals, try these recipes. Fire up the grill and enjoy your dinner in the yard. From lavalicious fishes to succulent ribs, we hope you enjoy a taste of the islands in our land-locked town.

CARIBBEAN RED SNAPPER

1 ½-2 lbs red snapper fillet
3 tbs ground allspice
½ tsp ground black pepper
juice of one lime
4 plantains in skins
3-4 jalapeno peppers, minced
1 tsp ground white pepper
½ tsp crushed red pepper
¼ tsp nutmeg (optional)
Cocoanut (optional)

Coat fish evenly with lime juice. Mix all spices in a bowl except the jalapenos and dash over both sides of the fillets. Sprinkle jalapenos evenly over fish. Place fillets on a preheated grill with the whole, unskinned plantains. Cook over medium heat, turning once, until fish flakes easily. Cook plantains, turning often, until soft. Slice plantains open lengthwise and serve with fish. Garnish with coconut, if desired.

GRILLED MELON MANIA

1 cantaloupe
1 pineapple
juice of one lime
½ cup sliced almonds
1 honeydew melon
½ cup currants or raisons
½ cup grated coconut

Slice melons in half and seed, but do not peel. Peel and core pineapple. Place small iron skillet or griddle to one side of grill and heat. Place pineapple on grill 15 minutes before melons. Cook fruits over medium heat, pulp side down, with pineapple. Turn pineapple often, melons less often, especially when peel is in contact with grill. When skillet is hot, toast coconut and pecans. Move skillet to the back where it will have lower heat. Add raisons and lime juice to skillet. Remove skillet when raisons are plump and soft. Remove melons when soft and cube after they have cooled a bit. Remove pineapple when somewhat soft and cube. Mix everything in a bowl and enjoy!

MANGO-PAPAYA PORK RIBS

3 lbs pork ribs
1 ripe papaya
juice of one orange
4 cloves garlic
1 cup white cooking wine
1 ripe mango
juice of 2 limes
2 tbs sage
6 cloves shallots

Peel and seed mango and papaya, and peel garlic and shallots. In blender, mix fruits with juice of limes and oranges, and all spices. Blend until smooth. Mix half the pulp with the cooking wine, pour over the ribs and refrigerate 2-4 hours, turning every half hour. Remove from refrigerator and discard marinade. Grill ribs over low to medium heat, basting with remaining sauce during the last half hour of cooking.

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Over the Rainbow

by Annabella
Culture and Ethnicity Editor

We display it on our cars and clothing, we hang the flags in our windows, we look for it in the designs of our jewelry. We make it the hallmark of our parades, festivals and political statements. The Reverend Jesse Jackson defined a coalition with its symbol. Disney's Pocahontas sang about a variation of it in the wind. To Our Community, rainbows and colors mean pride and diversity. It is a figurative glue to connect us.

We are not one-dimensional creatures. We arrived with a rainbow already packed in our suitcases, with a lifetime accumulation of being. Many of us have traveled with distinct cultural and ethnic roots, part of the proverbial melting pot that doesn't necessarily melt, or need to.

Although it is not always obvious, Our Community is united with purpose, opening doors never before opened to us. Yet we tend to define each other in terms of the rainbow community, often requiring 'members' to commit to being bisexual or gay first: Gay African American, Lesbian American Indian, Bisexual Russian, Transgender Samoan. Yet, is this what members of cultural and ethnic communities want? Is there real acceptance and recognition of the medley of voices in Our Cultural Communities? Are cultural identities being concealed by the rainbow?

Pride is not only about being out, but is equally tied into the heritage of one's birth and upbringing. Blood and tradition are important, as is identification with cultural roots and connection to cultural community. It's time to hear the different languages of Our Community, the voices of diversity. It's time to listen to the different stories of event and experience that can stimulate acceptance. It's time to realize the extent of our diversity, as well as pride.

I invite those within Our Cultural Community to contribute pieces about cultural and ethnic awareness and experiences. Write articles, letters and poetry about your respective cultures. Use this Culture and Ethnicity page as a forum for communication. Whether you are Latin, Asian, African, Mexican, South American, Middle Eastern, Pacific Island or other distinct heritage, your voice is important. Exercising it helps others know it as well.

Let us know if you have group meetings. Local cultural groups and events will be listed to help individuals in Our Cultural Community find each other.

The Culture and Ethnicity page is a rainbow of pride and diversity.↗

Editor's note: Please forward all information and announcements on Our Community's cultural organizations and events to This Side Up, Attention: Annabella.

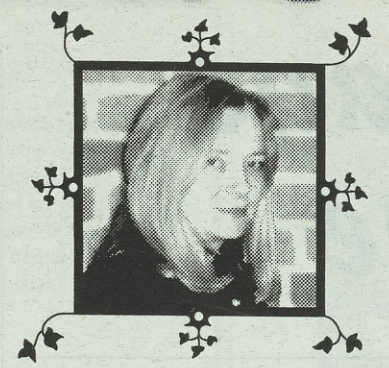
A Plea for Croatia

Because of the fall of communism and a resurgence in religious fundamentalism, members of Our Community in Croatia are faced with violent hostility. The situation is so desperate that Duda Kordic, one of the founders of KONTRA, Croatia's first lesbian initiative, is concerned for her life.

Croatia has no lesbian/gay bookstores, restaurants, clubs or bars. There are no places to buy red ribbons, rainbow stickers or pink triangles, no retailers of films or videos specific to Our Community. Until KONTRA opened the Attack Center in Zagreb, there were no safe meeting places.

The center needs these and other resources. As one of their main projects is to build a library, Inger Pina Brinck of Virginia is asking bookstores to help establish the first library for Our Community in Croatia.

Stores and individuals can send books and other items directly to KONTRA, c/o Center for Women War Victims, 20 Radnicki dol, 10 000 Zagreb, Croatia. Please do not mark the customs list for values higher than $50.00 or the center will have to pay extra taxes. Brinck has asked that the titles of books and videos be faxed to her at 540/775-0535 to avoid duplicate submissions.↗



Beyond the Games

by Annabella
Culture and Ethnicity Editor

For the first time, the Gay Games will leave our familiar North American shores for a future of global events. No, Toto, we don't have to stay in Kansas, we're heading to Oz. For now, Oz is better known as Amsterdam! In four years, Oz will be Sydney, then who knows?

As I read the brochures, booklets and web sites; when I communicate with representatives of the Federation of Gay Games; even if I just recall memories of New York's 1994 games, I'm in awe of what has evolved over 16 years. Large international cities have placed bids to host the Gay Games. Not only are we invited in, or rather out, but our presence is celebrated on no small scale.

Yes, the Gay Games are about sports. However, it's sports where winning means "personal best" and competition means a healthy attitude. Anyone can compete in any of the 30 scheduled events. Physically challenged individuals and people with HIV/AIDS are invited. Women are fully encouraged to participate, revealing an extra effort to equally represent the genders. Equality, what a concept!

Paralleled with sports is the importance of culture and the international spectrum of Our Community. The slogan, "We are Everywhere" takes on new meaning when one of our family from Boise meets up with family from Sri Lanka. *N'est-ce pas?*

The Gay Games are scheduled to be a grandiose events of fun and camaraderie where 15,000 participants and approximately 50,000 visitors are expected. Countless parties, festivals, parades, film, theater, concerts, marching bands, museums, workshops, and all manner or social programs will occur. A "homomonument" will welcome all to Amsterdam.

An extensive schedule of important cultural programs and exhibits have also been arranged. Amsterdam's better theaters will show films from classics to current favorites. Video shorts will feature the variety of our rainbow world through international voices and faces introducing themselves, their nations and "the universality of homosexuality." An intercultural TV documentary, "Outlawed," will cover six cultural regions to highlight efforts in the "emancipation of gay men and lesbian women, and the founding of lesbian and gay organizations in various parts of the world."

The ***Storytelling Festival*** will introduce the very real stories of cultural coming out and is being organized in association with Amnesty International's Coming Out workshop. Individuals "from countries where homosexuality is still not accepted...will talk about their own history" and experiences.

The Choir Festival will bring 2,250 vocalists from 40-50 choirs from around the world. All will be invited to join in and sing "out" at the opening and closing ceremonies, the gala, and at many times in between.

"Lesbian Nations" is a scheduled three-day ***Women's Festival*** where the theme is androgyny.

The ***Outreach Program*** is part of the ***Social Issues Program*** where conferences, workshops, symposiums and training seminars have been arranged to help 375 people from Outreach Countries participate through public donations. Human Rights workshops addressing "law, refugees, activism in a Global Perspective, Lesbian and Gay Campaigning and New Technologies" are coupled with

Continued page 21

Did you know?

For the first time ever, live television coverage of the Gay Games will air on Dutch television for one hour a day. The opening and closing ceremonies will be shown in Amsterdam and throughout Europe. IVDB-TV, TV Matters, has bought the rights to televise; currently negotiations are in effect to have the Gay Games televised in the US.

Did you know?

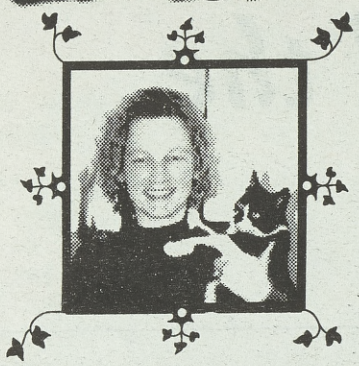
The Gay Games have been archived. All memorabilia is in limited public display. Eventually, the majority of memorabilia will be open to the public at the San Francisco Public Library in the James C. Hormel section.

Coming in July:

"Gays in the Holocaust" by Matthew Berlingame

"Gay Games V: Frendship through Culture and Sports"

...and much more.



Marriage Mirage

by T. Laine Cunningham
Transgender Editor

The society in which we live offers TGs little support. Cross-gender explorations can be met with anything from stiff politeness to outright violence. Little wonder, then, that many TGs are involved in relationships where the partner knows nothing of their urges.

But secrets can't remain hidden forever. Guilt over keeping something from the partner builds continuously, and the feelings themselves become a source of negative emotions. If the TG acts out various fantasies, the small samples of pleasure increase frustration. Often the partner senses something is wrong but can only guess at the cause.

The double life must end, at least on the home front. Whenever two people join together, they anticipate the joy of each other's full personalities. A couple cannot benefit from a relationship built only upon certain aspects of one of the partners. You may be an engineer at work, a baseball coach on the weekends, a gourmet chef in the kitchen, a fiery lover...and a TG. You must respect yourself enough to own every facet of your being. And then you must respect your partner and tell him or her.

Hopefully you will reveal your heartfelt urges before marriage, before moving in together, or before other commitment milestones. Intimate journeys are begun with trust. You don't want to mess things up right out of the gate by hiding something so vital to your being.

If you are already involved, it's not too late. Just stop hesitating. Every morning you can round up a number of excuses. But every day that passes increases the hurt, anger and betrayal your partner might feel. And your denial, your continuous charade that all is well in gender land, doesn't help you move on with your own life.

Do, however, plan a little. Choose a time when you both will be relaxed, like the middle of the weekend. Avoid stressful events such as holidays, birthdays, or during career movements. If a glass of wine will calm your nerves, sip away. Better yet, try a little deep breathing or meditation beforehand.

Of course, you don't want to just blurt things out. The longer you've waited to tell, the more nervous you may be and the more confused your speech may become. Remember that you don't have to discuss all the nuances in one evening; you want to communicate the basic concepts and let them sink in for a bit. You've had most of your life to grapple with these issues, but this might be an entirely new concept for your partner.

Begin gently. Let your partner know you have something to say, something he or she might consider shocking. Also say that what you are about to reveal is an intimate, integral part of your personality. At this point, you should apologize for being secretive. Prepare him or her to understand and forgive your secretive nature by saying that you were afraid the relationship would end. Reiterate your deep and abiding love, and clearly state that you want the relationship to continue. Then say the words.

OK, so your heart's pounding, your palms are drenched, and you don't know whether to scream, cry or faint. Sit still anyway. Let your words register while you take a few deep breaths. Your peaceful appearance will have a calming effect on your partner.

If your partner fires questions at you, answer as best you can. Often the partner will have little to say, and may not be able to formulate questions at this time. You must take the initiative and give a *brief* overview of transgenderism. Explain that gender identity is different than sexual preference, and is merely another facet of personality. Let your partner know that you want to explore your feelings more fully, that you want to explore your *self* more fully. Emphasize that you would like him or her to share in the development of your core identity.

Do not press for any sort of agreement at this stage, although you may talk about joint or individual counseling. Providing a list of resources for partners of TGs will sooth your partner's fears and will be tangible proof of your continued commitment to him or her. Suggest that you get together again in a few days to discuss things further.

Remain willing to field questions. Remember that at this time you both are probably most concerned about whether or not the relationship can continue. Continually reassure your partner of your love and commitment, but don't pressure him or her to reciprocate yet.

During your second discussion, your partner may ask some probing questions. Rather than viewing these as an invasion of your privacy, rejoice! These attempts to understand your urges indicate that he or she still has feelings for you. Often he or she will ask questions that you haven't answered for yourself. Be honest and say you don't know. Indicate that you are seeking answers yourself, and that you will inform him or her as decisions are made.

At all costs, follow through with these promises. You have already violated his or her trust once, and will have to work doubly hard to establish and maintain trust again. If you forego counseling, you might try scheduling a regular "meeting" with your partner to discuss any nagging issues. These meetings will help keep the lines of communication open and will help get your relationship back on track.

GM TGs can take heart in knowing that most GGs do not storm out the second the husband reveals his true nature. Unfortunately, the incidence of a negative reaction by a GM partner appears to be higher, perhaps due to societal paranoia about sexual identity. However, even a negative reaction can usually be overcome by continued communication and a clear expression of love.

Asking someone to see you for who you really are is difficult, and seems to be one of the hardest things for others to accomplish. But if you truly love yourself and your partner, you will share this important aspect of your being. This is your life. Live it fully. Be who you are in all your gender glory.

SETTING BOUNDARIES

After revealing your alter-ego, setting boundaries can be critical to your relationship. Unless your spouse is unequivocally enthusiastic, you may overstep his or her tolerance. Remember that you are both changing, so don't overwhelm him or her all at once. Some common areas you and your partner will want to discuss include:

How often activities can occur

Which activities can occur in the house

Whether activities outside the house may be undertaken

If opposite-sex partners may be solicited for transformation advice

If the possessions of opposite-sex partners may be borrowed

Which activities are acceptable in the bedroom

A neutral way to disengage if the partner feels overwhelmed

The time frame after which these limitations will be reviewed

You and your partner need an agreeable common ground where you can both feel comfortable. Partners who refuse to participate should seriously consider counseling; at the least, you yourself should obtain counseling or other emotional support.

Dear Amazon...

Dear Amazon:

My friend and I are very close and see each other quite a lot. We are both experiencing problems in our personal lives, his more so than mine. I find that I am continually defending his actions to others and reassuring him that things are okay even when I feel they are not. A mutual friend called us co-dependant. I don't really understand what co-dependency is. Can you tell me?

Not Sure if I am

Dear Not Sure:

Co-dependency is a term used to describe a large variety of behaviors. Some documents list dozens of behaviors, making it appear that we are all co-dependent. You might ask yourself if you are putting another's needs before you own. Often times those of us who may be labeled "co" find it easier to focus on another's choices, behaviors, and actions rather than deal with the emotions that we experience beneath our caring, giving, and often overextending acts.

If you would like to find out more, you may want to check out a support group such as Co-Dependents Anonymous (CODA). The meetings are free, and the folks are quite helpful and supportive. When we find ourselves helping others to the point of our own neglect, it may be time to look at our choices. Take care.

»Amazon«

Dear Amazon:

I work in a small office where it's just my boss, myself and a limited number of employees. In the past, my boss and I have bumped heads. Those times are behind us, but I still feel my boss does not respect or trust me or my capabilities. I love my job and don't want to leave, but it is important to me to have her respect and support. Any advice?

Untrusted

Dear Untrusted:

You could try a bit of bonding with your boss so that she can get to know you on a more personal level. This may help her develop a higher comfort level with you as an employee. Maybe you could ask for advice on a project, even if you choose not to use this feedback. Or ask her to join you and some coworkers for lunch. Some may think of this as being a big "Cheese-Eater", I like to think of it as making wise career and survival moves. Of course, there are always limits; washing her car or sending lavish gifts are too extreme. Happy bonding.

»Amazon«

Dear Amazon:

I have Obsessive-Compulsive Disorder (OCD). While it doesn't stop me from doing what I want to do, it is becoming more and more prevalent in my life and my thoughts. I've heard of several different types of treatments including hypnotherapy and acupuncture. This seems hokey. What do you think?

Fed Up

Dear Fed Up:

I am a counselor, and many of my clients request techniques designed to engage the subconscious. Techniques such as visualization and hypnotherapy can bring about deeper and more expedient changes. I certainly do not think of them as "hokey," and have supported many who have made profound life changes with such tools. Although my knowledge of acupuncture is limited, I have experienced it and found it to be helpful for stress-related issues.

I applaud you for seeking help for an issue that surely must cause distress in your life. You may even wish to consider Western medicine; several medications on the market have brought great relief for those who live with OCD. The best of luck.

»Amazon«

Dear Amazon:

When I was young, I was sexually assaulted by a member of my family. After 20 years I am now going to see this person again. I want to confront him, but my lover tells me it's better left in the past. I don't agree. Is she right?

A Survivor

Dear Survivor:

This is a challenging issue and there is no right or wrong answer. This is a very personal and difficult choice, as you well know. Some feel that avoiding confrontation allows the perpetrator to live in denial while the survivor suffers repercussions for a lifetime. Confrontation can be a way to own power and take control of a situation, as opposed to the past when control was taken from them. Others feel that bringing up the past is too painful and will not serve a purpose, especially if the survivor is afraid the perpetrator will simply deny the assault.

Regardless of what you decide, you may want some support from groups such as Women Escaping A Violent Environment (WEAVE). If you are not a woman, they will refer you to the appropriate group or organization. Attending events such as *Women Take Back the Night*, an event held annually at the Capitol, can be healing and empowering as well. Groovy energy to you.

»Amazon«

Amazon Lee is a feminist counselor, public speaker and author of 'Warrior Womoon: Feminist Healing and Spirituality in the New Millennium.' She can be contacted at This Side Up newspaper, 920 20th Street, Sacramento CA 95814 or E-Mail at SactoPub@aol.com Subject: Amazon Lee

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SACRAMENTO AIDS FOUNDATION
Heart to Heart
Support group for gay and bisexual men with HIV
FREE
Tuesdays: 6:30 - 8:00 pm
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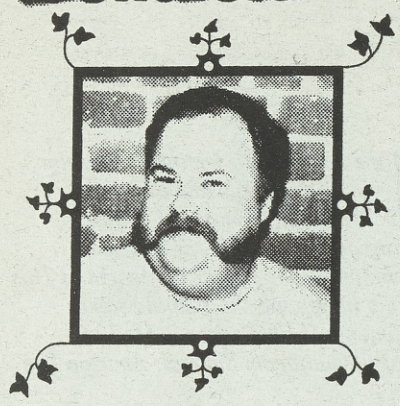
Sacramento, CA 95814
(916) 448-2437 ext. 213
FAX: (916) 325-2478

WOMEN'S HIV+ SUPPORT GROUPS
SACRAMENTO AIDS FOUNDATION
Mireya A. Herrera, M.S.W.
L.C.S.W., C.G.P.
Facilitator
For over six years the Women's HIV+ Day Support Group has provided a safe and confidential environment for women to come together and support each other as they live with HIV/AIDS. The new evening support group will provide the opportunity for working women to have a chance to join a group and break the isolation. Come and learn about health, nutrition, legal issues, medication, and most of all get support as you continue to cope and live with the virus.

Day Support Group
When: Every Tuesday, 12:00 - 1:45 p.m.
Place: Social Hall, St. Frances Church
1112 26th Street Sacramento
Cost: FREE - Childcare provided
Call: 363-5924

Evening Support Group
When: 2nd and 4th Wed. of each month 6:30 - 8:00 p.m.
Place: Sacramento AIDS Foundation
1330 21st Street, Sacramento
Cost: FREE
Call: 363-5924



Copland: The Who's Who of Gangster Films

by Tom Swaner
TSU Video Reviewer

L.A. CONFIDENTIAL

Rated R

Good cops and bad cops, movie stars and ladies of the night; this murder mystery has plenty of twists and turns and more than enough style. The costumes are great and the sets really capture the feel for the era. It also has a stellar cast including Kevin Spacey, Russell Crowe and Kim Bassinger in the role that won her the best supporting actress Oscar. I don't want to ruin it for you by giving away too much. So just rent it and enjoy.

ANASTASIA

Rated PG

I just couldn't believe how beautiful this film was. The plot is somewhat simple: a young Russian girl is recruited to masquerade as the missing member of an executed royal family. The animation just sparkles and the score, while having no really great songs, does leave you humming for a while afterward. Although the real-life story it's based on didn't end so happily, this love story is quite sweet. If you're a fan of the best of the Disney animated classics, you'll like this.

THREE MUSKETEERS FOUR MUSKETEERS

Rated PG

These movies came out in the mid-seventies, but are just now available. Directed by Richard Lester, the films feature stars such as Michael York, Faye Dunaway, Oliver Reed and Rachel Welch. The fabulous sets and amazing costumes are great, but the sheer comic brilliance is what makes these movies true gems. Rachel Welch really proves that she was a good actress.

MRS. BROWN

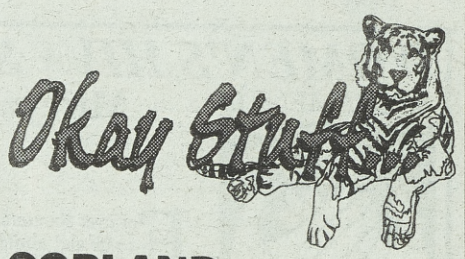
Rated PG

I know a lot of people are probably asking what, or who, is Mrs. Brown. Well, it is a fine motion picture about a queen suffering after her husband's death and the man who makes her feel alive again. Judi Dench and Billy Connolly both give terrific performances, and Connolly's performance in particular really pulled me into this film. Dench was nominated for best actress, yet Connolly received no best-actor nomination. Not everyone's cup of tea, but Mrs. Brown certainly was mine.

KISS THE GIRLS

Rated R

"Hey, let's get Morgan Freeman to star as a detective trying to catch a serial killer." Okay, that's where it separates from *Seven* and becomes its own film. Beautiful young girls are being kidnaped and killed...sound familiar? Ashley Judd stars as the one that got away (from the killer). Not as good as *Seven,* but still a good time...in sick sort of way.



COPLAND

Rated R

This movie kind of clunks through, but you still want to see how it ends. Al Pacino must have been busy 'cause all his gangster buddies are here, sort of a Who's Who of mob movies, only this time they're playing bad cops. Our hero Sylvester Stallone battles the bad guys. He's done this role before, but never this well. Stallone's performance is the only real reason to watch *Copland.*

THE JACKAL

Rated R

Richard Gere and Bruce Willis star in this "Oh my god, haven't we seen this somewhere before" action film. It was okay, but all the guns, plus Bruce Willis' constantly changing hair color, was just too much for me. By the time the end drags its ugly head in, I just didn't care.

BOOGIE NIGHTS

Rated R

I didn't hate this movie; it just wasn't very real. This a 90's version of the 70's porn industry. I actually remember a few things about the 70's porn industry...and it looked nothing like this! Everyone is well dressed and only a few of the people are doing drugs. This was the 70s - remember the 70s? A pool party where no one is naked? It's the *porn* industry, for goodness sake! Besides that, the script is well written and the performances are terrific. Oh, and we do get to see what everyone is talking about at the very end of the movie. So get ready to fast forward.

FLUBBER

Rated PG

Robin Williams takes over the Fred MacMurrey role in the remake of *The Absent Minded Professor.* Most Disney films tend to be a little too silly for me, but Danny liked it a lot, so I won't slam it big time. It does have its moments, but most of them were in the previews. Oops, I said I wasn't going to slam it... Robin Williams gives a good performance, so it's not a complete loss.

ICE STORM

Rated R

Ang Lee is one of my favorite directors. He directed *Sense and Sensibility* and *The Wedding Banquet,* both movies I loved. Now I can name one I didn't like. Here we are, back to the 70s again. This time we meet two really messed-up families that we care nothing about. Each is doing terrible things to each other. This was truly one of those painful movies where you pray for the characters to kill each other *Friday the 13th* style. You just pray and pray...and nothing ever happens...and then it ends...thankfully.

ROCKETMAN

Rated PG

I keep telling myself that this was a movie made for kids. If I can get myself to believe that, I might be able to sleep nights. But they wanted adults to watch and teenagers were suppose to take dates to the film. Here is a movie based on goofy faces, fart jokes and vomiting. If you like all those things then, hey, do I have a movie for you. If not, stay away. Far, *far* away!

Gossip

by Logomania
TSU Columnist

Since you last heard from me, there was a *brief* night of glitz and glamour at the Court of the Great Northwest Imperial Empire (CGNIE) coronation, and much dress and production. It was sad to see our reigning monarchs step down, but good to see our new couple so proud and happy. It made the price at the door worthwhile!

In town this month I found a certain "Lady" bartender from **Faces** at a local watering hole **(Joseph's).** She was seducing the young, innocent bartender while she was on her way to **The Bolt!** She shook him to his rail foundation before she left.

The Depot has such a hot owner, he should be in *Go,* not on hard cement pushing booze and bodies.

Blond and blonder are still at "it" at **The Garage.** We'll keep our eyes on that place. I stopped into **The Merc** and looked for a new face; no one to be had. But all the great old familiar ones were there. And speaking of *familiar,* have you seen Don doing his shift at **The Townhouse?** Whoa, have things changed!

I'm trying to get into the over-40s dinner at **Joseph's** this month. Oh, by the way, it's Joseph's anniversary the 17th, and I have had some of his anniversary buffet before. I won't miss his carved beef and ham dinner. Maybe I'll spot you there and say something about *you.* Free food for a $2 cover...it's worth it to be discovered for this column...

Write me if you see or hear of anything. I have a thirst for knowledge.

xoxoxox↗

Correction

In our second edition, the gossip column defined CGNIE as the California Golden Northwest Imperial Empire. The acronym actually stands for the Court of the Great Northwest Imperial Empire.

Teteuctin Book Club

A Chicano reading group exploring the works of Our Community's Chicano writers. We celebrate our culture with free-flowing dialogue, and look to retain our own identity in our *raza.*

The Teteuctin Book Club meets every other Thursday at 7 pm at the Open Book, 910 21st Street, Sacramento. Call 916/448-9894 before 9:30 pm daily for dates and information.↗

DIFFERENT VOICES

A weekly open-mike poetry reading

All poets are welcome

Rural to urban, amorous to angry

and all points in between

New location and time

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Friday Nights 8 pm to 10 pm

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Second Annual, Barn Dance
Saturday, June 13
Stonewall Stud Woodland
BBQ Dancing Live DJ
Festivities start at 5 pm
$15 two or more tickets
$10 each
CCRA Hotline:
916/451-9439

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presents

Be-Bop & Bobby Sox

June 12 & 13 at 8 pm
June 14 at 3 pm
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The Vitality and Joy of Relationships

Jason Lindo
TSU Contributing Writer

and Michael Maslowski
TSU Contributing Writer

The Greater Sacramento Area Couples (GSAC) is a social organization of Gay and Lesbian couples from Sacramento and the surrounding region. GSAC meets monthly to celebrate the vitality and joy of our relationships. GSAC is part of a national couples organization with chapters in cities throughout the United States. In Sacramento, GSAC is unique in being the only gay and lesbian organization exclusively for couples.

GSAC offers a wide variety of social events that allow Gay and Lesbian couples to socialize. A general meeting is held monthly. In addition to the mundane business of every social group, there are ice cream socials, international food potlucks, an Olympics of silly games and the annual holiday party and white elephant gift exchange. The group also holds a monthly coffee night out and a monthly dinner at a local restaurant. Past culinary excursions have featured Greek, Vietnamese, Mexican and Italian cuisines. Couple-hosted movies in member's homes are also popular.

GSAC tries to strengthen Our Community by adopting a local charity. This year GSAC is working with Women Escaping a Violent Environment (WEAVE). Past charities include Maryhouse and Breaking Barriers. GSAC also participates in the annual Freedom Fair and Rainbow Festival with an information booth and photo display.

GSAC is an entertaining and fun way for Gay and Lesbian couples to celebrate the strength of our relationships and the joy of each other's company. Those interested in joining GSAC can call 388-1619. We'd love to see you there.↗

Editor's Note: The first time I heard about GSAC was a few years ago at the Freedom Fair. What struck me about the group was its mixture of both gay and lesbian couples coming together. With the help of groups like GSAC, hopefully we can disprove the separation theory within Our Community.

Capitol City Leather Association
733-2015
June 10 Monthly meeting, 7 pm, Joseph's Lounge and Showroom

Eagles
442-0185
Walking group every Saturday
Weekly card games

Foothill Lesbian/ Gay Society
For event info write to:
FLAGS
P.O. Box 5702
Auburn, CA 95604

Foothill Gay and Lesbian Sierrans
481-9618
June 25 Dinner out

Frontrunners
974-8199
Mondays 6:30 pm, McKinley Park and CSUS track
Wednesday 6:30 pm, McKinley Park
Saturday 9 am, Guy West Bridge
June 6 Annual picnic

Greater Sacramento Area Couples
388-1619
June 7 BBQ
June 13 Freedom Fair booth
June 20 General meeting
June 28 Carpool to San Francisco Pride Parade

Names Project Sewing Bee
484-4164
First Wednesday 6-8 pm
Pioneer Church

PFLAG
863-9612
June 17 Monthly meeting, 7:30 pm
Fireside Room, St. Marks Methodist Church

SABN (Sacramento Area Bisexual Network)
Every other Tuesday, 7 pm, Lambda Center

Sacramento Gender Association
482-7742
June 13 Freedom Fair booth
June 13 Dinner, 7 pm, Joseph's Lounge and Showroom

Sacramento Valley Bears
535-5050
June 3 General meeting, 7 pm, Joseph's Lounge and Showroom
June 16 Bears' night out

Valley Knights Motorcycle Club
442-0686
June 12-14 Campout
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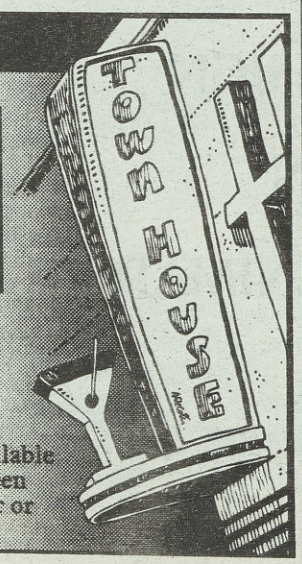

This Side Up newspaper Publisher and staff will be available at Town House the fourth Tuesday of each month between 6:00 and 8:00 pm to solicit your input on the newspaper or important issues affecting *Our Community*.

Continued...

Rebirth
Continued from page 3

Despite the nice alliteration of words and my own love for all things poetic, I quickly abandoned the sentiment. A few years ago I began to realize that the Birth-Death paradigm was an incomplete scenario. If everything eventually ends in death, then giving up may be the only truly rational course. But a third and vital element turns the linear model of birth to death into a more hopeful, vital cycle that more accurately portrays the way the world works. That element is rebirth.

For every dying plant, a hard, cold seed holds the potential of life. For every winter freeze there is a spring thaw. For every ewe fallen to age, a lamb is thrust from the womb. This cycle of birth, death, and rebirth keeps the planet and its inhabitants new and vigorous. Without this circle of life, there would be no change, no renewal, no evolution.

And so it is with our culture and our institutions. Groups that adapt and reinvent themselves survive. Those organizations, however cherished, that do not allow for such radical change eventually die and make room for something to be born in their place. Either way, the cycle continues and hope is always possible.

Even as LIFE Lobby was dying, John Duran held numerous power lunches with our leaders from all over the state. He assures me that another lobby will rise out of the ashes. Most likely, the lobby will focus on civil rights issues, since gay rights and AIDS are no longer inextricably linked in the minds of politicians. In addition, representatives of AIDS Project LA and the San Francisco AIDS Foundation are leading the way toward the formation of a second group, a permanent AIDS/HIV lobby in Sacramento. But the health of these new organizations will require both ideological and financial support from the rest of us.

Cynics committed to the birth-to-death paradigm have asked, "If the old organization died, what makes anyone think the new one will be any different?" In truth, the new organization will one day become old and obsolete and ineffectual. But for today, this new seedling will carry life into the next cycle. It has the potential to serve us well in its time, just as the LIFE Lobby served us well in its time.

We must nurture whatever new body rises out of the death of the old because it is our link from the past into the future. If we have learned from the past, if we have grown and reinvented ourselves, then we will do an even better job with this new crop. That is the way of the world.

And what of the Lambda Community Center, that other dying institution? Some of the most respected names in our local community have joined the board to seek a solution. Marghe Covino, Terry Side, Jerry Sloan, Donna Matthews, Kimberly Weer, Bates Botting, Jeff Flynn: an impressive roll call.

The younger members should voice Our Community's current needs and perspective, but sometimes the older ones, the "wise ones" as the pagans call them, know more about rebirth because they have observed the process over and over again. If these elders turn their wisdom to midwifery rather than nostalgia, and if younger folk apply the lessons of the past to their commitment to the future, the Center will be revitalized. If the death of the Center cannot be prevented, something new will take root. Whatever happens in the interim, Spring will come. We have no excuse not to plunge ahead with our hearts, our hands, and our pocketbooks.↗

Pride
Continued from page 5

proud of my difference? Proud of being victimized and stereotyped?

The only thing I can honestly say is that I am proud of overcoming the obstacles other people placed in my path. I'm proud to be part of a group that has fought long and hard to say "no, we're not different than you. We're just as good as you."

I have begun re-examining my concept of pride. As I do, I remember the infamous author and activist, Larry Kramer. Not long ago, he gave a speech chastising queers my age. He was furious that we were not the loud, riotous, ready-to-die-for-the-movement crusaders that existed in the early days of the Gay civil rights movement. He ranted that we had no sense of the sacrifices people have made, and that we have never faced true discrimination.

He lived in a time when queers were beaten on the streets, their entire lives ruined from being outed, and when it was common to be locked up in mental institutions. Not that those things don't still happen, but it's less common because of the actions of people like Larry Kramer. I'm certain Larry would scoff at my experiences. I wasn't out on the street being sprayed by fire hoses or standing tall as I breathed in tear gas. I didn't have to. People like Larry did those things so I wouldn't have to. But that doesn't invalidate the struggles I underwent or make them less painful.

Now as I think of my friend, I believe I am able to better understand the meaning of his words. He's not ashamed of being gay; it simply doesn't matter. The straight world is not going to tell him he's any less of a person now.

And is the pain of his brother not speaking to him, his only negative experience stemming from his gay identity, any less valid because he wasn't held to the floor and violated? If that's the only thing he's suffered, is he somehow unworthy of my respect?

That is what this whole damn struggle is about, getting to the point where "self-pride" takes the place of "gay-pride." Where we don't feel the continuous burn of discrimination. Where being "gay" is as irrelevant as being left handed.↗

Lambda
Continued from page 11

hundreds on a dinner considering the current state of finances. The issue of the use of funds designated to LAP, both past and still due, added to the heat.

Soon after the meeting, John Rambo submitted his resignation.

This Side Up asked Botting about any proposed structural changes in LCF by-laws to ensure that old problems are not revisited upon the future.

"We are currently evaluating what went wrong and how to keep it from happening again," he replied. "As we come across areas that need change, we will propose those changes. We are not locked in stone as far as the old structure, but neither are we willing to scrap everything we already have. People can vote with their feet. If they come and tell us what they see as the needs of the community. After a time, if we are not able to meet those needs, they can simply refuse their support. But I think we will be able to do what we set out to do."↗

Games
Continued from page 15

the Outreach Program. Amnesty International and the Humanist Institute for Development Cooperation Foundation (HIVOS) have set up a ***Human Rights Program*** "to guarantee the rights of [Our Community] in primarily developing countries and Eastern Europe." XminY, ***The Cooperation Program,*** will have a "symposium on the Dutch government policy to support lesbian and gay organizations in developing countries." There will also be a "Lesbian and Gay Human Rights Internet Cafe...a cybercafe discussion and action forum."

Museums throughout Amsterdam will give special attention to and focus on the theme of Our Community in their exhibits. The ***Jewish Historical Museum*** will highlight photographs of Our Community's Jewish groups in Europe. "Olympic Gods" (need I say more?) will be featured at the ***Rijksmuseum.*** The ***Stedelijk Museum of Modern Art*** will display an international exhibit entitled, "From the Corner of the Eye," lesbian and gay artists in painting, sculpture, photos, videos and drawings. The ***National Trade Union Museum*** will show a collection of prints on "whether or not it is worthwhile to position yourself as a lesbian or gay man at work." The list goes on...

The clock is ticking, and Gay Games V is less than eight weeks away. If you have the time and money to go, do it. Be a part of the history. Be a part of the community, sports and culture.↗

THIS SIDE UP

We are seeking dedicated people

to become volunteers for the following pages. Music, Travel, Sports, Region. If you have ideas you think would make good TSU pages, let us know. Send letters to TSU or E-Mail at SactoPub@aol.com

MAYBE YOU TOO, CAN BE AN EDITOR!

Classified

JEWELRY

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PERSONAL

Laurie Happy 39th Birthday, Love, Cindy.↗

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Classified ads must be received by the 20th of the month for insertion in the following month's edition.

For household items priced under $500, the first 30 words cost $8.00; additional words are 25 cents each.

Ads for household items priced over $500 are $15.00 for the first 30 words; additional words are 50 cents each.

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4 **Issues will be mailed within three (3) days of publication.**
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6 ❑ **Check here for one FREE issue on us! Or call us at (916) 443-4437 or E-Mail at SactoPub@aol.com.**

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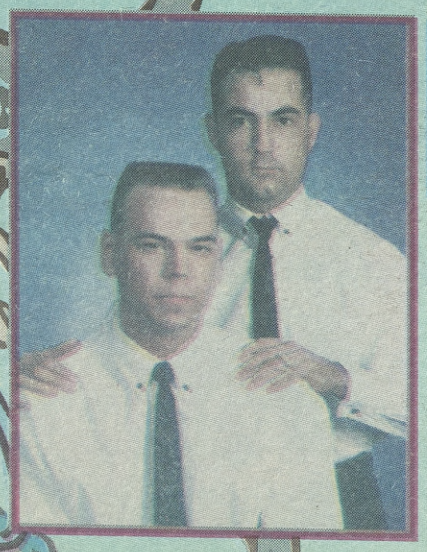

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